

Brooklyn Senior Chit Chat

Brooklyn Senior Center
7727 Memphis Ave.
Brooklyn, OH 44144
(216) 635-4222
Hours 8:00 a.m. to 4:30 p.m.

July / August 2018



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Summer Picnic

It's summer - so let's have a Picnic on the Patio!

Please join Mayor Katie Gallagher and her staff for hot dogs, baked beans, chips and ice cream!

Thursday, July 19 from 11:30am-1:00pm

The picnic is FREE to Members of the Brooklyn Senior Center that have a membership card but we ask that you please pre-register by Monday, July 16th so we know how much to grill.



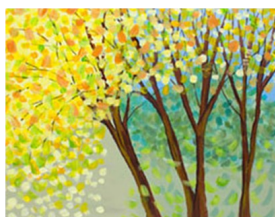
Come and express your talents with

"Artist for a Day"

Wed. August 1st Time: 6 p.m.

Register by July 25th

Cost: 8 X 10 \$25 -or- 16 X 20 \$35



A Letter from the Brooklyn Senior Center Coordinator

Hi Everyone,

Hurray for Summer! We have some exciting fun coming up. We hope you can come and join in. We have listed all the events within the pages here and hope to see you for some or all of them. Don't miss the Summer Picnic, see details on cover page. We are also doing a fun evening event with "Artist for a day" coming in to help us paint our own masterpiece. We'll make it fun with some good snacks and drink.

A big shout out and thanks to all those that made our annual Women's Tea on May 11th, it was such a wonderful event. Thanks to all our volunteers for all their dedication to this event, which is a lot of work but so worth it to see all the smiling faces! Our cook Brenda and crew out did themselves with a wonderful meal. A big thanks to Jen and Phyllis from Dress Barn and our volunteer models, Sandy, Ruth, and Gerri (see photo below) for the lovely fashion show.

Our Brooklyn Senior Center participated in the 33rd Annual Senior Olympics this year. A special thanks to Senior Citizen Resources for organizing another great Senior Olympics. We had several medal winners that represented our center and a great time was had by all. Bocce games were held here on May 14th. See photo of Bocce Winners on the cover and pictures from the lovely celebration lunch below.

We honored our Veterans with a special Pinning Ceremony on May 24th right before Memorial Day. Each Veteran that signed up was given an Ohio Veterans Pin and lunch was provided to them. It was such a special day and one I will never forget. We thanked them all for their service to our country. Many were very happy to be able to come together with fellow veterans and reminisce. Thanks to the Brooklyn firefighters that came to be a part of it, and to Hospice of the Western Reserve that supplied the pins. It was a nice way to pay tribute to all those that sacrificed so much for us and remember all those that paid the ultimate price! See the cover for a photo of the Veterans that attended and below additional photos.

Enjoy the summer sunshine,

Karen Fratto



Brooklyn Senior Center Speakers / Featured Events/ Programs

Thursday, July 12th at NOON

**Come and Hear Nova Care's
Physical Therapist, Chip Battiato,
speak on the important topic of:
"Balance and Falls Prevention"**

**Wishing you all a Very
Happy 4th of July**

Senior Tips to Beat the Heat This Summer

1. **Drink Plenty of Liquids** Dehydration is the root of many heat related health problems. Drink plenty of water or juice, even if you're not thirsty. But remember to avoid alcoholic or caffeinated drinks, as they can actually contribute to dehydration.
2. **Wear Appropriate Clothes** An old Swedish saying says, "There's no such thing as bad weather, only bad clothes." When it's hot out, wear light-colored, lightweight, loose-fitting clothes and a wide-brimmed hat.
3. **Stay Indoors During Mid-day Hours** During periods of extreme heat, the best time to run errands or be outdoors is before 10am or after 6pm, when the temperature tends to be cooler.
4. **Take it Easy** Avoid exercise and strenuous activity, particularly outdoors, when it's very hot out.
5. **Watch the Heat Index** When there's a lot of moisture in their air (high humidity), the body's ability to cool itself through sweating is impaired. The heat index factors humidity and temperature to approximate how the weather really feels. The current heat index can be found on all popular weather websites, and is also usually announced on local TV and radio weather reports during periods of warm weather.
6. **Seek Air-conditioned Environments** Seniors whose houses aren't air-conditioned should consider finding an air-conditioned place to spend time during extreme heat. The mall, library or movie theater are all popular options. During heat waves, many cities also set up "cooling centers," air-conditioned public places, for seniors and other vulnerable populations. Seniors without convenient access to any air-conditioned place might consider a cool bath or shower.
REMEMBER OUR SENIOR CENTER IS AIR CONDITIONED AND A GREAT PLACE TO ESCAPE THE HEAT. Come hang out with us on those Hot Summer Days. You are welcome here!
7. **Know the Warning Signs of Heat-related Illness** Dizziness, nausea, headache, rapid heartbeat, chest pain, fainting and breathing problems are all warning signs that help should be sought immediately"

University Hospital of Parma

**Joseph Toth of their EMS Department
will Speak on Thursday, August 2nd**

Time: 12:00 Noon

Topic will be:

"When to Call 911"

Brooklyn Library

**Come to hear what's new at our
fabulous library and get the latest
update on their programs**

Thursday, July 26th—Noon

Thursday, August 30th—Noon

Senior Center

Indoor Garage Sale

Sat. September 22, 2018

Hours: 9:00 a.m. - 2:00 p.m.

**Many Treasures Both Old and New For
Sale – Come Buy or Come Sell!**

Refreshments will be for sale

**Sausage n Pepper Sandwiches,
Hot Dogs, Sloppy Joes, Chips and
Beverages**

**You may Rent 1 table for \$25;
2 for \$40 to sell your items**

Sign up and Reserve your table now

Payment due no later than 9-14-18

Tables are first come first serve

It will be Advertised in Newspapers

Ongoing Classes & Summer Happenings

EXERCISE PROGRAMS

Summer Corn Hole [How about joining us?](#)

Monday 10:00 a.m. weather permitting

Chair Yoga with Sandy

Monday & Wednesday at 9—10:00 a.m.

Walkers Program

Tuesday & Thursday at 8:00 a.m.

Senior Cardio w Sandy

Tuesday & Thursday at 9:00—10:00 a.m.

Ladies Bocce Ball

Wednesday starts at 9 a.m.

"Jazzercise Class" - Wed. 11:45 a.m.—12:30 p.m.

Men's Bocce Ball

Thursday starts at 9:30 a.m.

Wii Bowling

Friday starts at 9:00 a.m.

ARTS & CRAFTS PROGRAMS

Ceramics

Monday & Tuesday starts at 9:00 a.m.

Quilt & Sew—Wednesday starts at 9:30 a.m.

Craft Class—Thursday starts at 9:00 a.m.

GET TOGETHER

Bingo - Tuesday at Noon

Ladies Poker - Wed. at 12:00 p.m.

Ping Pong - Wed. mornings

Mexican Train Dominoes - Wed 1:00p.m.

Canasta - Thurs. 12:30p.m.

Billiards - anytime Library anytime

Post Office on Wheels

1st Thursday of the month at noon

Purchase stamps, money orders & supplies
Mail letters and packages first class, priority,
express, certified, insured & registered

Health and Welfare Programs

Blood Pressure Screenings

****Emergency Calls Take Priority****

Brooklyn Paramedics

3rd & 4th Thursday from 10:00 - 11:00

Greenbrier Nursing Home Nurse

2nd Tuesday from 10:00—11:00 a.m.

University Hospital—Parma

1st Thursday from 10:00 - 11:00 a.m.

Free Hearing Test

By Lee Anne Christner, July 10th and Aug. 14th

By appointment only—call Senior Center

For a small fee Lee Anne will clean, repair, adjust, & replace
batteries in your hearing aids



Neighborhood Gathering with Mayor Katie Gallagher

Please come share your thoughts, hear about new things going on in city and meet neighbors in your area. Meetings are scheduled throughout the summer in different areas of Brooklyn.

July 11th at 7 p.m. – Marquardt Park

July 25th at 7 p.m. – 9732 Memphis Villas Blvd.

August 8th at 7 p.m. – Grande Pavilion in Park

All outside meetings will be cancelled if it rains.

Any questions? Please contact Jill Ludwig

at 216-635-4220

July 2018

Mon	Tue	Wed	Thu	Fri
2 9:00 Chair Yoga 10:00 Ceramics 11:00 Tai Chi 12:00 Hand and Foot	3 8:00 Walker Program 9:00 Cardio w/ Sandy 10:00 Ceramics 11:00 Soup n Sandwich 12:00 BINGO	4 Center Closed 4th of July!	5 Walkers Prog 8 am 9:00 Cardio w/ Sandy 9:00 Craft Class 9:30 Men's Bocce 11:30 Luncheon 12:00 Hand and Foot	6 9:00 Wii Bowling 9:00 Chair Yoga*
9 9:00 Chair Yoga 10:00 Ceramics 11:00 Tai Chi 12:00 Hand and Foot	10 8:00 Walker Program 9:00 Cardio w/ Sandy 10:00 Ceramics 11:00 Soup n Sandwich 12:00 BINGO	11 9:00 Ladies Bocce 9:00 Chair Yoga -Sandy 9:30 Quilt n Sew 11:45 Jazzercise 12:00 Ladies Poker 1:00 Mexican Dominos	12 Walkers Prog 8 am 9:00 Cardio w/ Sandy 9:00 Craft Class 9:30 Men's Bocce - Outside 11:30 Luncheon 12:00 Hand and Foot	13 9:00 Wii Bowling
16 9:00 Chair Yoga 10:00 Ceramics 11:00 Tai Chi 12:00 Hand and Foot	17 8:00 Walkers Program 9:00 Exercise with Sandy 10:00 Ceramics 11:00 SOUP N SANDWICH 12:00 BINGO	18 9:00 Ladies Bocce 9:00 Chair Yoga -Sandy 9:30 Quilt n Sew 11:45 Jazzercise 12:00 Ladies Poker 1:00 Mexican Dominos	19 Walkers Prog 8 am 9:00 Cardio w/ Sandy 9:00 Craft Class 9:30 Men's Bocce - Outside 11:30 Luncheon 12:00 Hand and Foot	20 9:00 Wii Bowling
23 9:00 Chair Yoga 10:00 Ceramics 11:00 Tai Chi 12:00 Hand and Foot	24 8:00 Walker Program 9:00 Cardio w/ Sandy 10:00 Ceramics 11:00 Soup n Sandwich 12:00 BINGO	25 9:00 Ladies Bocce 9:00 Chair Yoga -Sandy 9:30 Quilt n Sew 11:45 Jazzercise 12:00 Ladies Poker 1:00 Mexican Dominos	26 Walkers Prog 8 am 9:00 Cardio w/ Sandy 9:00 Craft Class 9:30 Men's Bocce 11:30 Luncheon 12:00 Hand and Foot	27 9:00 Wii Bowling
30 9:00 Chair Yoga 10:00 Ceramics 11:00 Tai Chi 12:00 Hand and Foot	31 8:00 Walker Program 9:00 Cardio w/ Sandy 10:00 Ceramics 11:00 Soup n Sandwich 12:00 BINGO			

August 2018

Mon	Tue	Wed	Thu	Fri
Brooklyn Senior Center		1 9:00 Ladies Bocce 9:00 Chair Yoga 9:30 Quilt & Sew 11:45 Jazzercise 12:30 Ladies Poker 1:00 Mexican Dominos	2 8:00 Walkers Prog. 9:00 Cardio with Sandy 9:00 Craft Class 9:30 Men's Bocce 11:30 Luncheon	3 9:00 Wii Bowling
6 9:00 Chair Yoga 10:00 Ceramics 11:00 Tai Chi 12:00 Hand and Foot	7 8:00 Walkers Prog. 9:00 Cardio with Sandy 10:00 Ceramics 11:00 Soup n Sandwich 12:00 BINGO	8 9:00 Ladies Bocce 9:00 Chair Yoga 9:30 Quilt & Sew 11:45 Jazzercise 12:30 Ladies Poker 1:00 Mexican Dominos	9 8:00 Walkers Prog. 9:00 Cardio with Sandy 9:00 Craft Class 9:30 Men's Bocce 11:30 Luncheon 12:00 Hand and Foot	10 9:00 Wii Bowling
13 9:00 Chair Yoga 10:00 Ceramics 11:00 Tai Chi 12:00 Hand and Foot	14 8:00 Walkers Prog. 9:00 Cardio with Sandy 10:00 Ceramics 11:00 Soup n Sandwich 12:00 BINGO 12:00 noon BINGO	15 9:00 Ladies Bocce 9:00 Chair Yoga 9:30 Quilt & Sew 11:45 Jazzercise 12:30 Ladies Poker 1:00 Mexican Dominos	16 8:00 Walkers Prog. 9:00 Cardio with Sandy 9:00 Craft Class 9:30 Men's Bocce 11:30 Luncheon 12:00 Hand and Foot	17 9:00 Wii Bowling
20 9:00 Chair Yoga 10:00 Ceramics 11:00 Tai Chi 12:00 Hand and Foot	21 8am Walkers Prog. 9:00 Cardio with Sandy 10:00 Ceramics 11:00 Soup n Sandwich 12:00 BINGO	22 9:00 Ladies Bocce 9:00 Chair Yoga 9:30 Quilt & Sew 11:45 Jazzercise 12:30 Ladies Poker 1:00 Mexican Dominos	23 8:00 Walkers Prog. 9:00 Cardio with Sandy 9:00 Craft Class 9:30 Men's Bocce 11:30 Luncheon 12:00 Hand and Foot	24 9:00 Wii Bowling
27 9:00 Chair Yoga 10:00 Ceramics 11:00 Tai Chi 12:00 Hand and Foot	28 8:00 Walkers Prog. 9:00 Cardio with Sandy 10:00 Ceramics 11:00 Soup n Sandwich 12:00 BINGO	29 9:00 Ladies Bocce 9:00 Chair Yoga 9:30 Quilt & Sew 11:45 Jazzercise 12:30 Ladies Poker 1:00 Mexican Dominos	30 8:00 Walkers Prog. 9:00 Cardio with Sandy 9:00 Craft Class 9:30 Men's Bocce 11:30 Luncheon 12:00 Hand and Foot	31 9:00 Wii Bowling

Come and have lunch and hear our very knowledgeable speakers

Thursday Luncheons - Please buy your tickets in advance

Every Thursday Lunch is served at the Brooklyn Senior Center at 11:30 am. The cost is \$6.00. Tickets must be purchased no later than the Friday before the luncheon date. Pick up of Take Outs is not until 12:30 p.m. Please let us know of your take out prior to the luncheon. No Refunds.

Menus for July

July 5, 2018 Large Spinach Salad with hot bacon dressing, Dinner Roll and Dessert

July 12, 2018 - Meatball Sandwich w/Mozzarella, Pasta Salad, & Dessert

July 19, 2018 - "Mayor's Picnic" Serving Hot Dogs, Beans, Chips, and a visit from the Ice Cream Truck!

Picnic is Free to Members,

Must Show Membership Card

Please Sign up by 7/16/18 at Front Desk

July 26, 2018 - "Christmas In July" Chicken Breast, Stuffing, Mashed Potatoes with Gravy, Green Beans, Cranberry Sauce, and Dessert. There will be games and prizes!

Menus for August

August 2, 2018 - Spaghetti w/Meat Sauce, Salad, Garlic Bread and Strawberry Shortcake

August 9, 2018 - Chef Salad w/Ham & Turkey, hard boiled egg, & cheese, Roll and Dessert

August 16, 2018 - Pulled Pork, Tater Tots, Green Beans and, Dessert

August 23, 2018 - Meatloaf, and Mashed Potatoes, Gravy, Veggies, Salad and Dessert

August 30, 2018 - Stuffed Cabbage, Mashed Potatoes, Salad, and Dessert

July and August Lunch before Bingo \$3.50

July Soup & Sandwich

July 3, 2018 - Tomato Soup w 1/2 Ham & Swiss on Rye

July 10, 2018 - 2 Mini Tuna Croissants, Chips & Pickle

July 17, 2018 - Chicken Noodle Soup w/Garlic Toast

July 24, 2018 - Italian Sausage on Sausage Roll

July 31, 2018 - Chicken Sandwich & Chips

August Soup & Sandwich

August 7, 2018 - Cheeseburger w/chips

August 14, 2018 - Open Face Roast Beef sandwich w/Fruit Cup

August 21, 2018 - 1/2 Bologna Sandwich, and Broccoli Cheese Soup

August 28 2018 - BLT and Chips

Council Notes

April 23, 2018

Approved street bid from Fabrizi Trucking & Paving for \$1,150,380 which is 7.8% below the Engineer's estimate to complete Orchard, Torrance and Delora.

Adopted the city's new Investment Policy.

Adopted changes to the compensation list. This increase the low rates on minimum wage and increases the ranges for part-time service and fire as well as for the Economic Development Director and Magistrate.

Adopted a new fee list for advertising at the Recreation Center. This is to add options to advertise on center ice and dasher boards.

Authorized a contract with Civil & Environmental Consultants to provide consulting services for the Landfill project as it relates to the Solar Farm. The cost is \$31,700 and will be reimbursed by the solar contractor.

May 14, 2018

Approved \$2,500 matching funds for an Ohio Parks & Recreation grant.

Approved adding Southwood (north of Biddulph) and South Amber to the Street Paving schedule for 2018 for a total additional cost of \$212,069.

Adopted a new fee range for Sport Sponsorship Programs in the city.

Updated and approved the new Capital list for 2018 to include new Payroll Software and traffic signal backups.

Approved an ordinance outlining all of the Recreation Programs into one exhibit.

Approved the replacement pages for the Brooklyn Codified Ordinances.

Amended the Compensation for the part-time Finance Director Position.

Authorized \$20,000 to repair the 525 Packer.

Adopted an Addendum to the Parma Regional Dispatch Center contract. This would be a one year extension with a possible opt out clause for a monthly cost of \$41,157.91.

May 29, 2018

Approved application for the Community Development Block Grant.

Approved proposal for the pool painting at the Recreation Center for \$42,500 to Metropolitan Pools.

Approved an agreement with Cargill Salt, Inc. through the Brecksville Purchasing Consortium for \$58.71 per ton-dump deliver and a \$63.71 per ton for a piler delivery. This is an increase of \$6.42 from last year.

Passed an updated ordinances for the Rules and Regulations for Rental fees for the Senior Community Center and the Fire Station Community Room.

BUS TRANSPORTATION

Bus runs from 8:30 a.m.—3:00 p.m.

Monday—Friday

Reservations required—call Center at least 1 business day in advance: 216-635-4222

Mon. - Medical appointments

Tues. - Medical appointments, Soup N Sandwich, Bingo

Wed. - 9:00 or 10:30 a.m. Shopping Brooklyn only

Thurs. - Shopping and Medical appointments, lunch at the Center

10:30 a.m.— Ridge Park Square & Biddulph Plaza

10:30 a.m.— Pick up for lunch at the Senior Center

10:30 a.m.— Ridge Park Square, Biddulph Plaza, medical appointments

Fri. - Medical Appointments in Brooklyn, Banking, Hair appointments, 10:30 Shopping at Wal-Mart & Aldi's

Donation: \$1.00 each way
absolutely *no tipping*

In case of emergency, bad weather, or you need **medication** or basic food, we can help. Call Senior Center.

In and Around the Center

Volunteer Appreciation

Thanks to all the many Wonderful Volunteers who clocked more than **809 hours** in the months of "April and May. Please, remember to sign the Volunteer Book so we can keep track of your hours.

Chico's Casino Trips

Wed. July 11, 2018 Meadows Casino

Cost \$32 per person with \$25 Casino Free Play

Wed. August 1, 2018 Wheeling Island

Cost \$30 per person with \$25 Casino Free Play

Wed. Sept. 5, 2018 Rivers Casino

Cost \$31 per person with \$20 Casino Free Play

Wed. Oct. 3, 2018 Scioto Downs

Cost \$30 per person / \$20 free slot play and 1/2 off buffet

Wed. Nov. 7, 2018 Mountaineer

Cost \$29 per person / \$20 Free Play

Wed. Dec. 5, 2018 Presque Isle

Cost \$30 per person / \$30 Free Slot Play

Call **Chico** for more Info at:
(216) 551-7561



Condolences

Our Sympathy goes out to all who have Lost Loved Ones in the past months.

May They Rest in Peace!

Elaine Bellisario

Mary Brandebury

Emily Holscott

Gertrude Ospanik

Bob Papp



**Our Sincerest
Get Well Wishes to
Theresa Grabe,
Nancy Gutsschmidt
Helen Mulrenen**



City of Brooklyn
Mayor Katherine Gallagher
7727 Memphis Avenue
Brooklyn, OH 44144-2197

Return Service Requested

PRSR STD
U.S. POSTAGE
P A I D
Cleveland, OH
Permit No. 141

DATED MATERIAL
DO NOT DELAY
MAILED: 6/25/18

Featured Summer Recipe

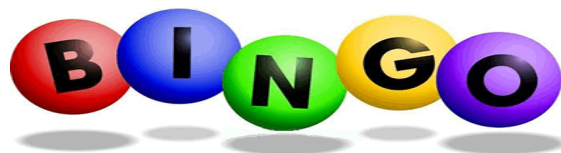


"Classic Bruschetta"

Ingredients:

6-8 slices Italian bread, 1/4 cup olive oil, 2 medium tomatoes, chopped (1 1/2 cups) 1 or 2 garlic cloves finely chopped, 3 tablespoons chopped fresh basil leaves, 1/2 teaspoon salt and 1/2 teaspoon pepper.

Heat oven to 375°F. Place bread slices on ungreased cookie sheet. Drizzle 1 teaspoon oil on each slice bread. Bake about 8 minutes or until golden brown. While bread is toasting, mix remaining ingredients. Spoon tomato mix onto toasted bread and serve room temperature.



*Every Tuesday at Noon
All Year Long
Get out and have some fun!*

**Snow Removal Forms will be
Mailed in in the SEPT. Chit Chat
Sign Ups will start
Wed. Sept. 10th through Sept 28th
Late fees will apply after that**